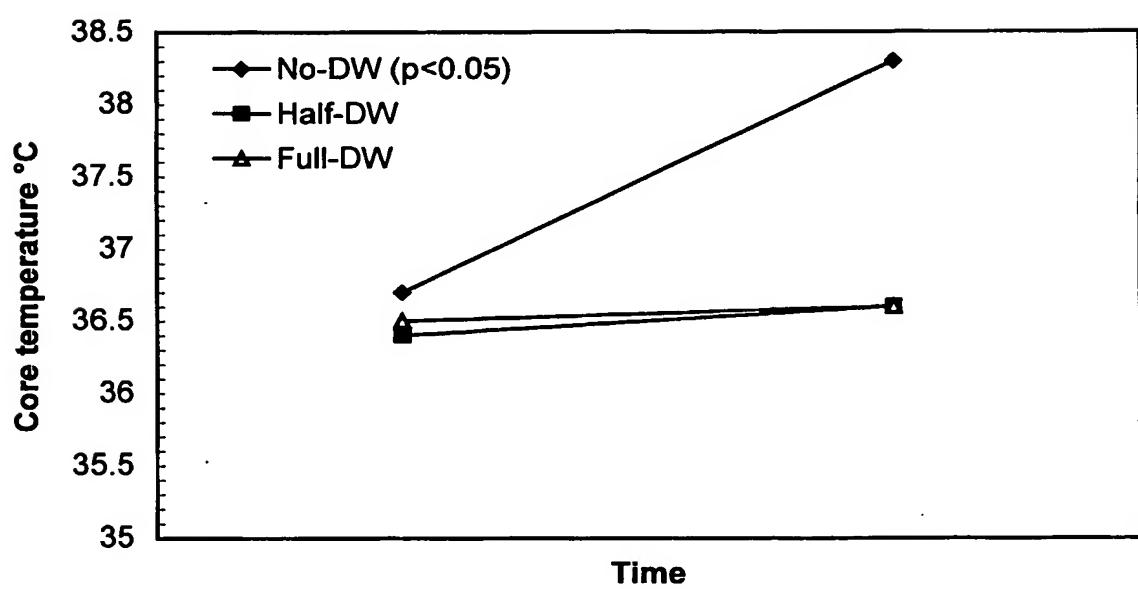
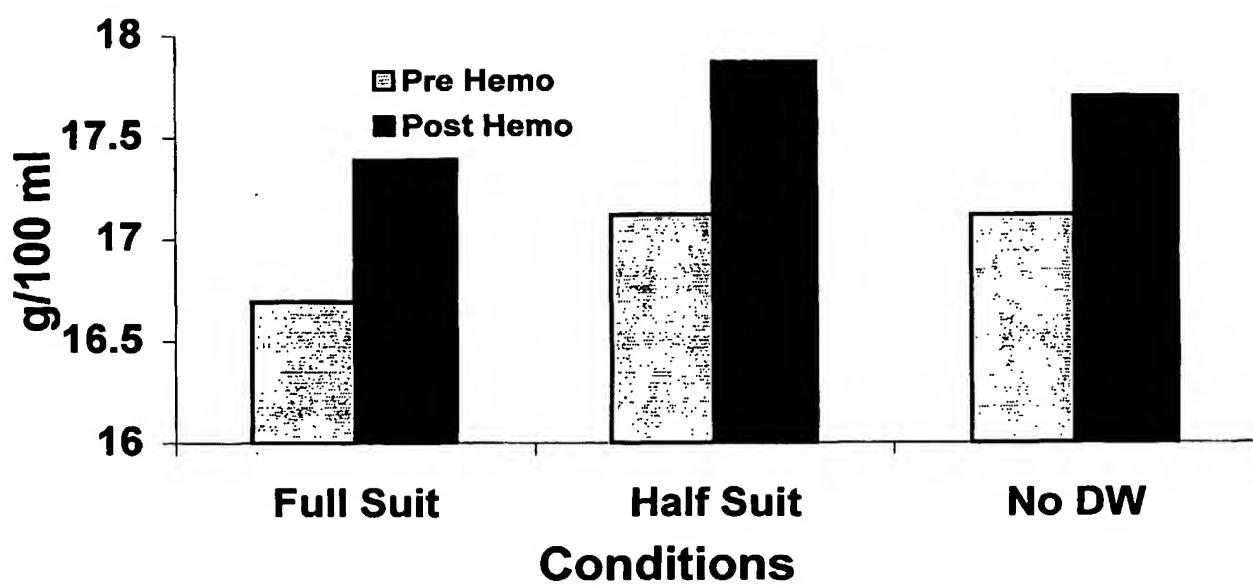


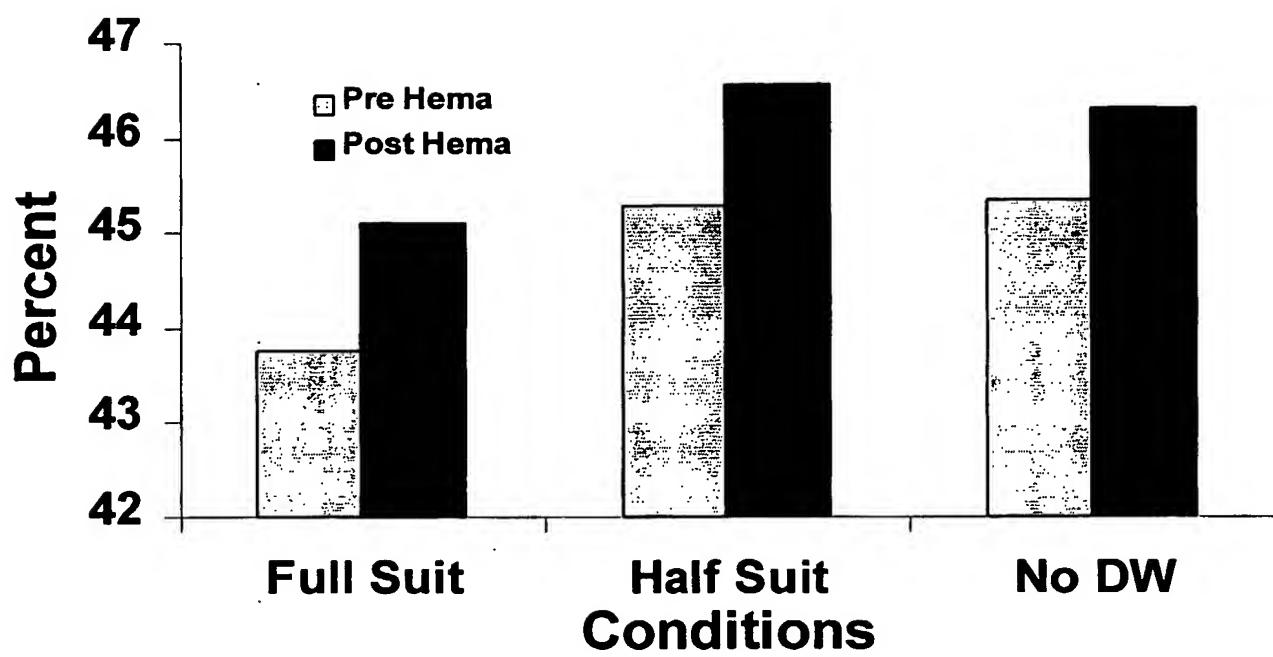
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**Figure 1**

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**Figure 2**

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**Figure 3**

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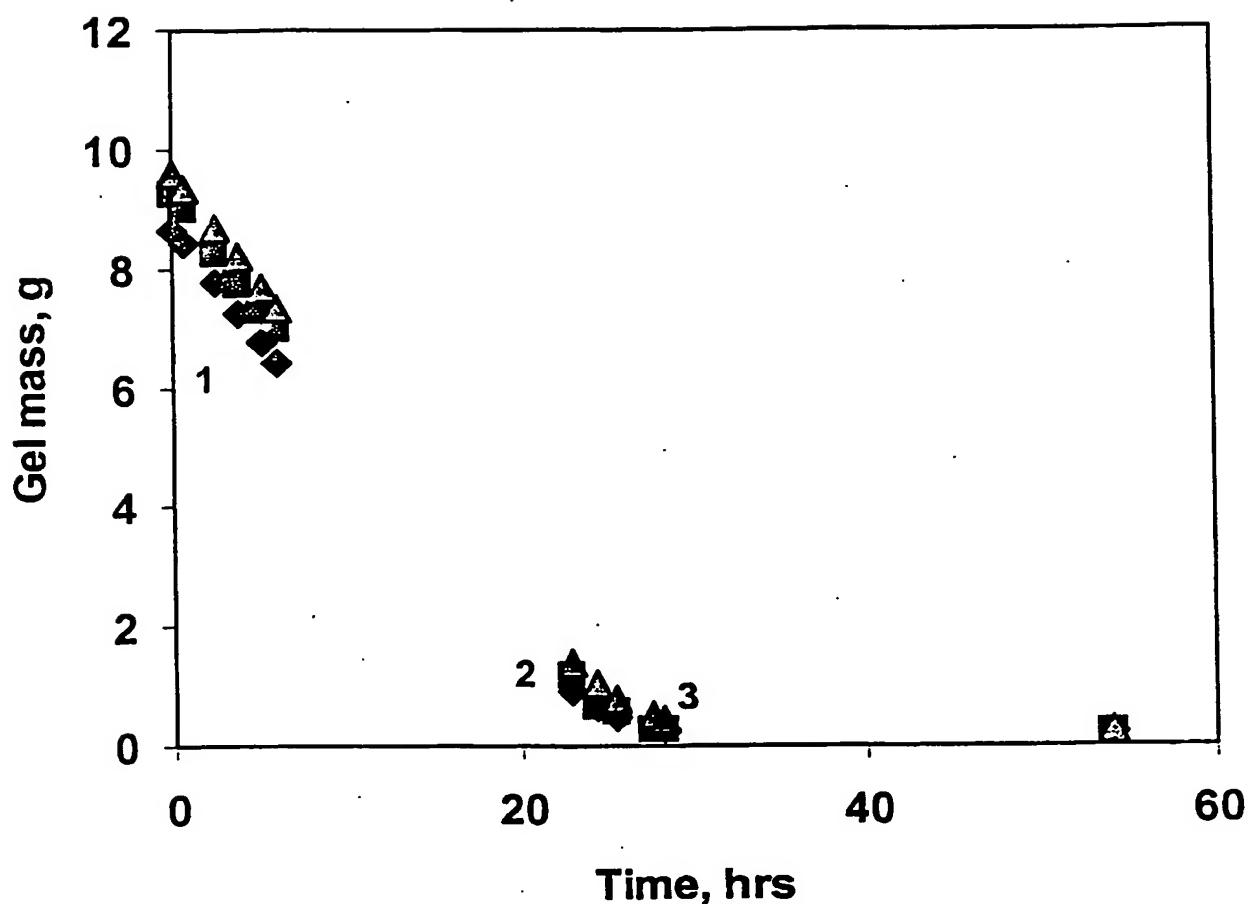
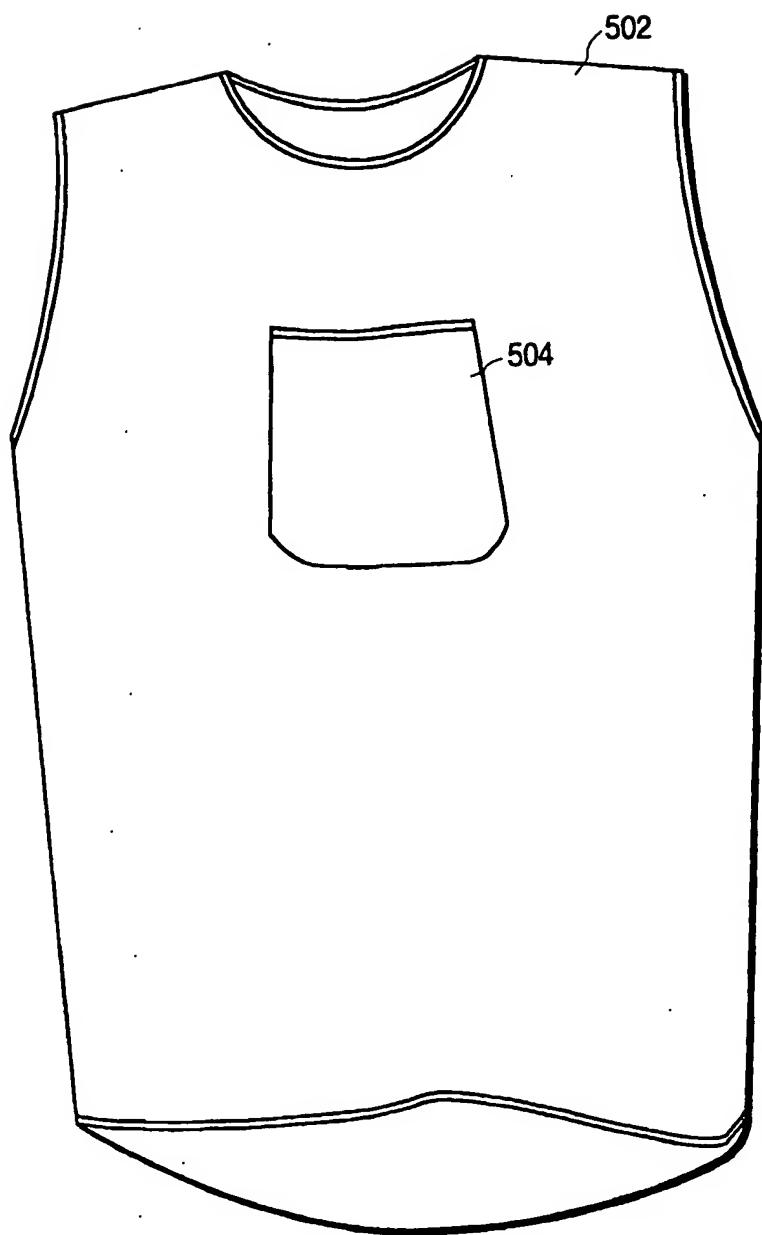
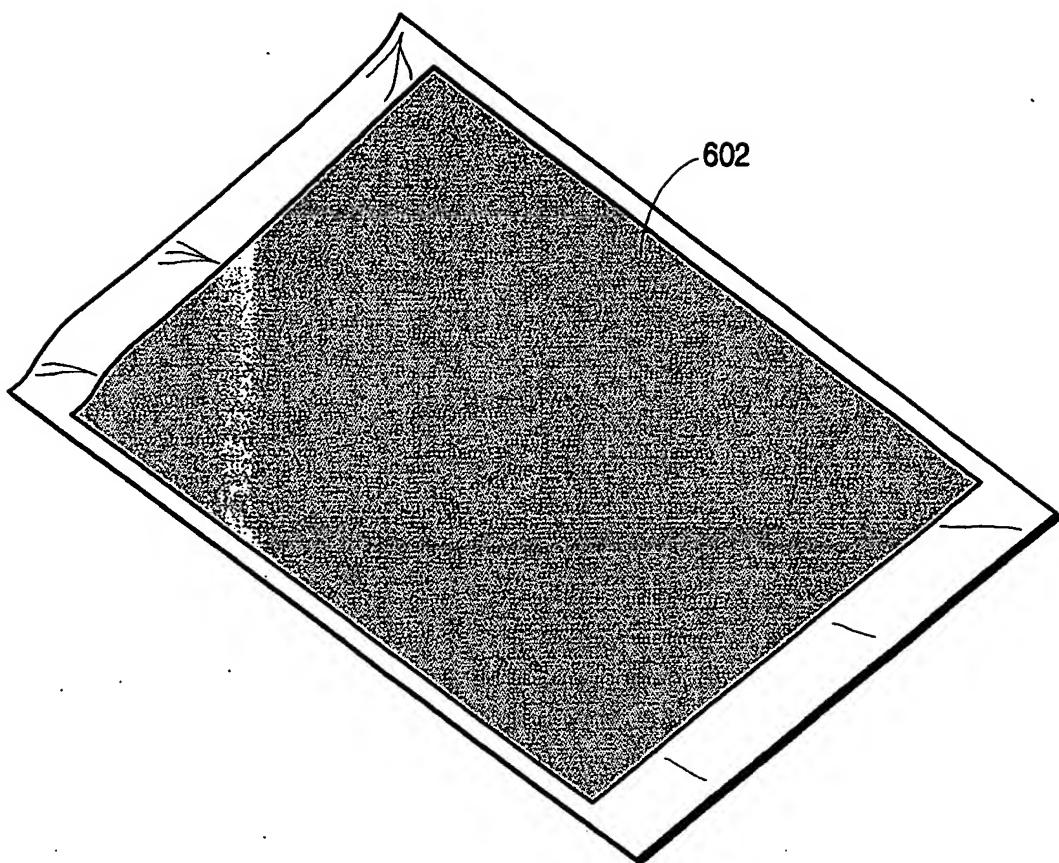


Figure 4

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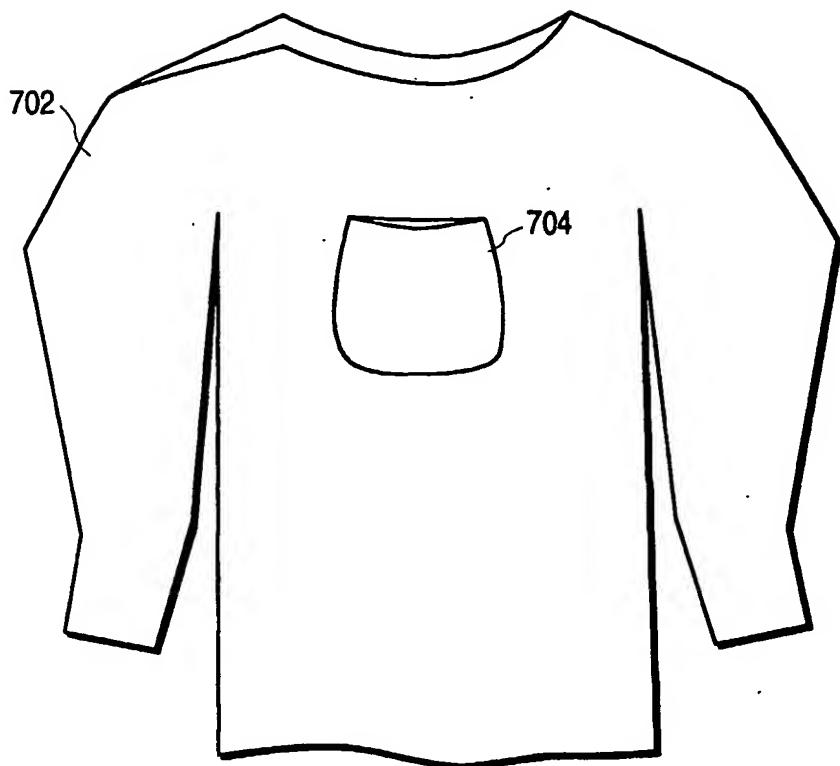
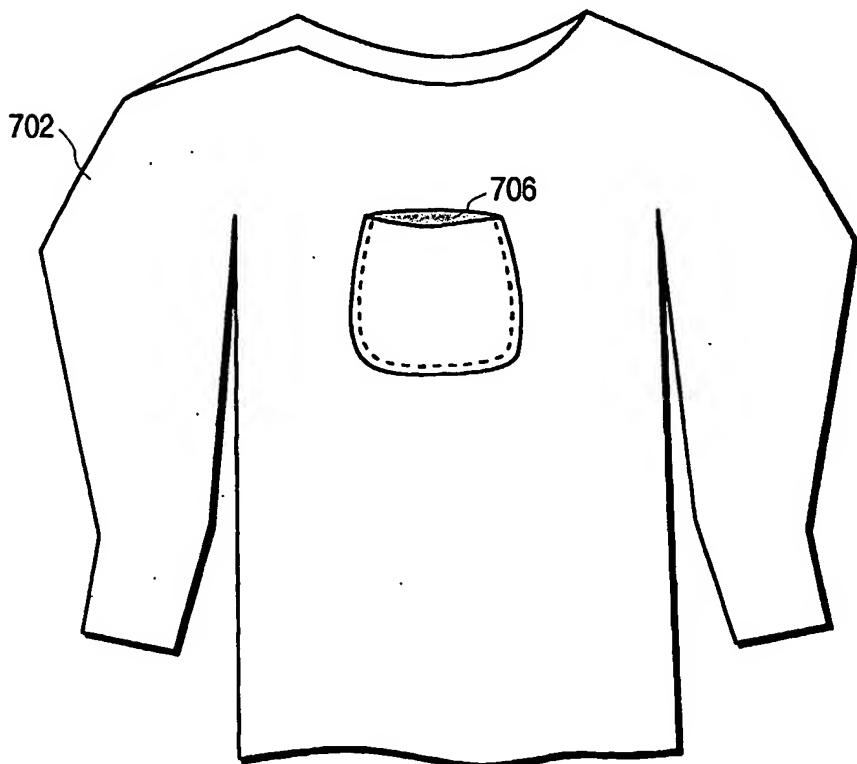
**Figure 5**

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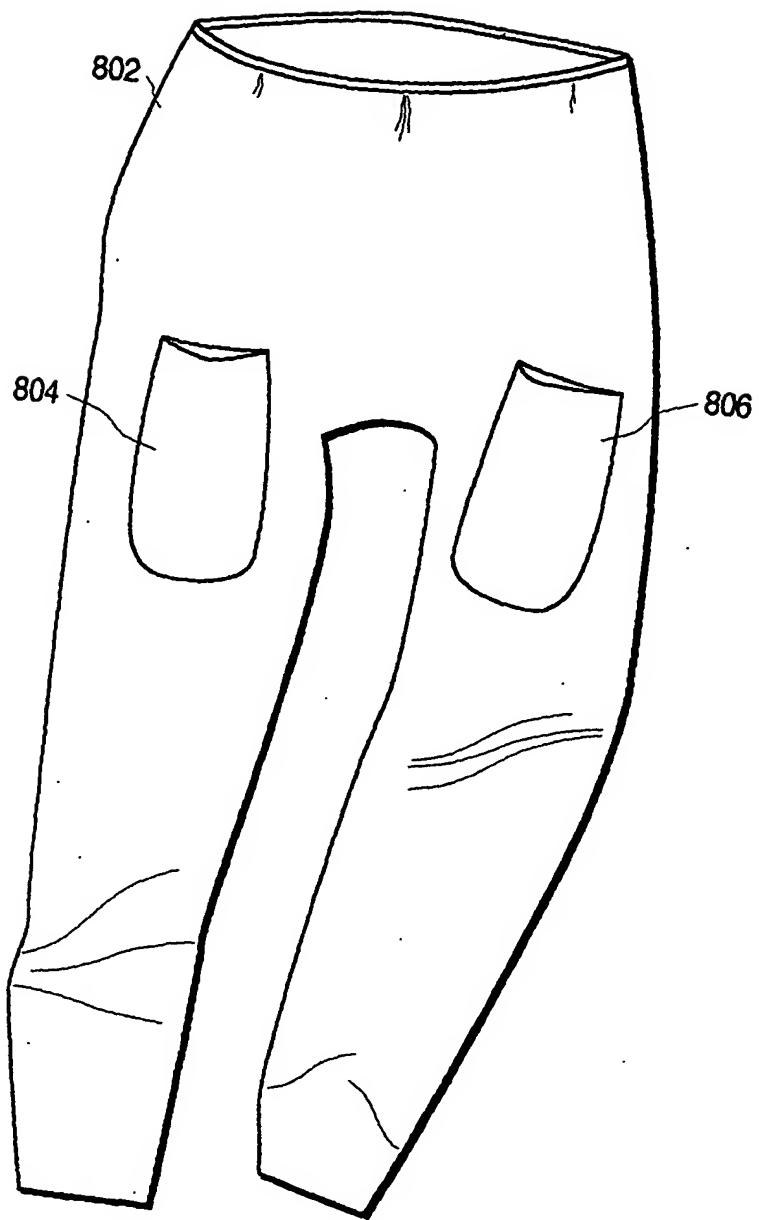


**Figure 6**

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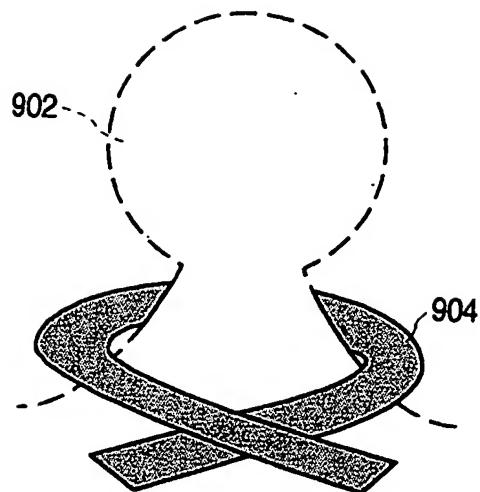
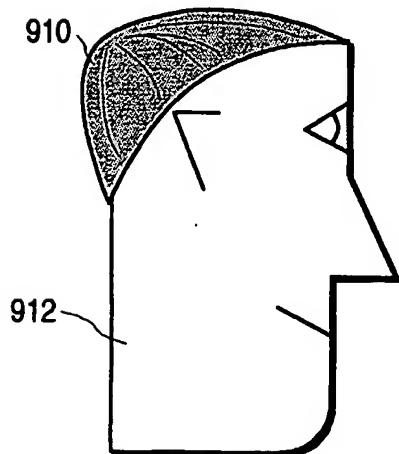
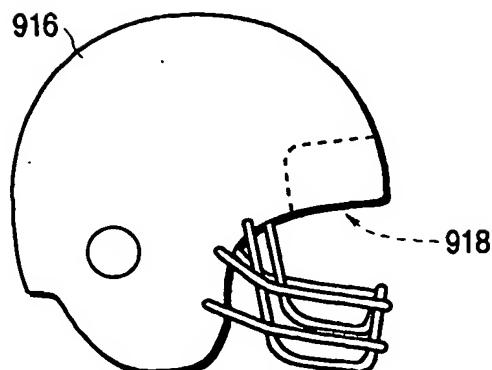
**Figure 7A****Figure 7B**

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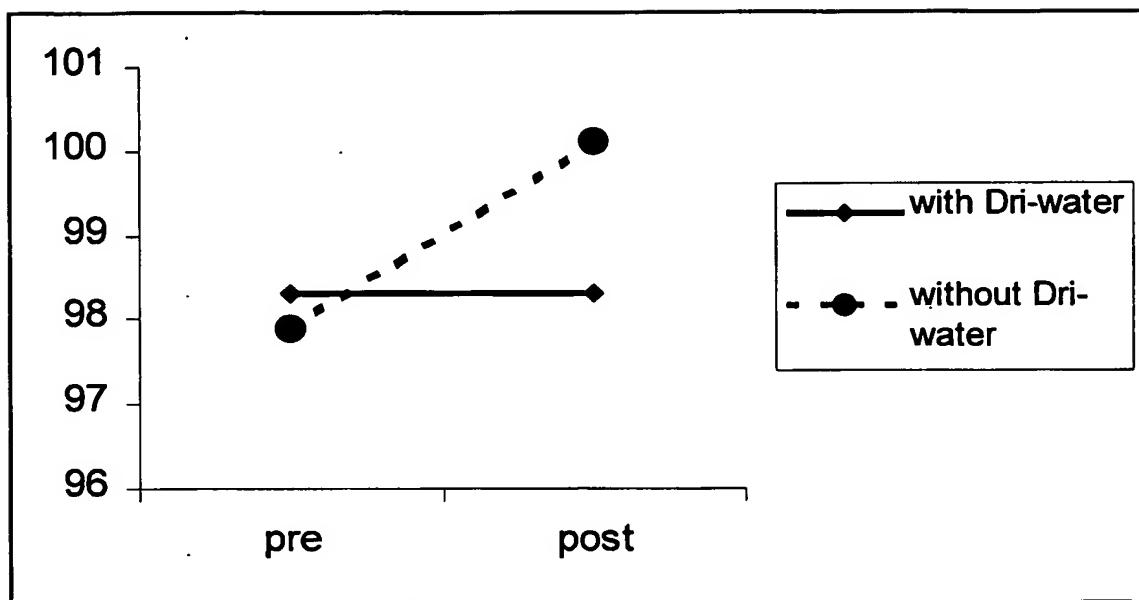


**Figure 8**

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**Figure 9A****Figure 9B****Figure 9C**

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**Figure 10**

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## Blood Test Results

	Pre	post	$\Delta$ change
<b><u>Hematocrit</u></b>			
Without Dri-water	$46.8 \pm 0.8^{**}$	$48.7 \pm 0.7^{**}$	$p < 0.01$
With Dri-water	$45.8 \pm 0.5^{**}$	$49.8 \pm 0.5^{**}$	$p < 0.01$
<b><u>Hemoglobin</u></b>			
Without Dri-water	$0.334 \pm 0.007$	$0.362 \pm 0.007$	$p < 0.001$
With Dri-water	$0.346 \pm 0.002$	$0.368 \pm 0.003$	NS
<b><u>Total Body Water</u></b>			
Without Dri-water	$57.7 \pm 2.0$	$59.4 \pm 2.1$	NS
With Dri-water	$58.0 \pm 1.7$	$59.4 \pm 1.4$	NS
<b><u>Intracellular Water</u></b>			
Without Dri-water	$54.7 \pm 2.8$	$62.5 \pm 0.5$	NS
With Dri-water	$62.6 \pm 0.6$	$62.6 \pm 0.5$	NS
<b><u>Extracellular Water</u></b>			
Without Dri-water	$45.3 \pm 2.8$	$37.5 \pm 0.5$	NS
With Dri-water	$37.4 \pm 0.6$	$37.4 \pm 0.5$	NS

\*\*p&lt;0.01 between conditions

Figure 11